

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 14048, Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6

Report Date: December 09, 2015 19:35 EST

Nutrient values and weights are for edible portion.

Food Group : Beverages

Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bottle 500g
Proximates					
Water	g	87.97	--	--	439.85
Energy	kcal	38	1	--	190
Energy	kJ	159	--	--	795
Protein	g	0.68	--	--	3.40
Total lipid (fat)	g	0.06	--	--	0.30
Ash	g	2.09	--	--	10.45
Carbohydrate, by difference	g	9.20	1	--	46.00
Fiber, total dietary	g	0.2	--	--	1.0
Sugars, total	g	9.00	1	--	45.00
Minerals					
Calcium, Ca	mg	9	--	--	45
Iron, Fe	mg	0.10	--	--	0.50
Magnesium, Mg	mg	10	--	--	50
Phosphorus, P	mg	16	--	--	80
Potassium, K	mg	192	--	--	960
Sodium, Na	mg	10	1	--	50
Zinc, Zn	mg	0.05	--	--	0.25
Copper, Cu	mg	0.044	--	--	0.220
Selenium, Se	µg	0.1	--	--	0.5
Vitamins					
Vitamin C, total ascorbic acid	mg	24.0	1	--	120.0
Thiamin	mg	0.080	--	--	0.400
Riboflavin	mg	0.018	--	--	0.090

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bottle 500g
Niacin	mg	0.204	--	--	1.020
Vitamin B-6	mg	0.160	1	--	0.800
Folate, total	µg	44	--	--	220
Folic acid	µg	0	--	--	0
Folate, food	µg	44	--	--	220
Folate, DFE	µg	44	--	--	220
Choline, total	mg	5.7	--	--	28.5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	20	--	--	100
Retinol	µg	0	--	--	0
Carotene, beta	µg	232	--	--	1160
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	15	--	--	75
Vitamin A, IU	IU	400	1	--	2000
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	116	--	--	580
Vitamin E (alpha-tocopherol)	mg	1.08	1	--	5.40
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.1	--	--	0.5
Lipids					
Fatty acids, total saturated	g	0.007	--	--	0.035
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.006	--	--	0.030
18:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.011	--	--	0.055

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bottle 500g
16:1 undifferentiated	g	0.001	--	--	0.005
18:1 undifferentiated	g	0.009	--	--	0.045
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.012	--	--	0.060
18:2 undifferentiated	g	0.009	--	--	0.045
18:3 undifferentiated	g	0.003	--	--	0.015
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0